



# North Potomac Senior Center

## June 2023 - 55+ Programs



**Programs Subject to Change Without Notice. Call 240-773-4805 to confirm.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>REGISTRATION REQUIRED FOR ANYONE ATTENDING 55+ PROGRAMS, CLASSES AND EVENTS</b></p> <p>If you live within five miles of North Potomac Senior Center, call 240-773-4805 for information on the FREE JCA bus transportation to/from the Senior Center on weekdays or stop by the Senior Center to complete an application.</p> <p>To join the Senior Nutrition Lunch Program (SNP) at North Potomac Senior Center, stop by the Center weekdays 9am to 1pm to see Jean Wang, Nutrition Site Manager.</p> <p>Classes and programs can be subject to change. Call the Center at 240-773-4800 to confirm the status of a program, class, or gym schedule.</p>			<p><b>1</b></p> <p>9:30 Music BINGO 9:30 Zumba Video 11:30 SNP Lunch Program 12:15 Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting)</p>	<p><b>2</b></p> <p>9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 <i>250 Years of Rockville, Maryland History</i> Presentation 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate 6:00-8:00 Outdoor Pickleball (weather permitting)</p>
<p><b>5</b></p> <p>9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind w/Tammy 2:15 Easy Yoga with Vicki</p>	<p><b>6</b></p> <p>9:30 Zumba Video 10:00 Basic Japanese 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit &amp; Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout Video</p>	<p><b>7</b></p> <p>9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 American Mahjong 10:30 Chinese Folk Dance with Ming 10:30 SPANISH...But It's So Easy 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dance 2:30 Mini Indoor Bowling</p>	<p><b>8</b></p> <p>9:30 JCA Outing—Central Farm Market 9:30 Zumba Video 11:30 SNP Lunch Program 12:15 Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting)</p>	<p><b>9</b></p> <p>9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Simple Healthy Cooking with Rhonda, RD (Fee) 11:00 Virtual Storytelling with Erin 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate</p>



# North Potomac Senior Center

## June 2023 - 55+ Programs

Programs Subject to Change Without Notice. Call 240-773-4805 to confirm.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12</b> 9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind w/Tammy 2:15 Easy Yoga with Vicki	<b>13</b> 9:30 Chair Aerobics 9:30 Zumba Video 10:00 Basic Japanese 10:30 Mindfulness/Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit & Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout	<b>14</b> 9:30 Chair Aerobics 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00-1:00 Aging and Disability Info Table 10:00 American Mahjong 10:30 Chinese Folk Dance 10:30 SPANISH...But It's So Easy 10:30 Mindfulness/Meditate with Fereshteh 11:00 Virtual Storytelling with Erin 11:00am-2pm Senior Planet Info Table 11:00 Asian Mahjong 11:30 SNP Lunch Program 12:15-12:45 Shelley Stein Hearing Aid Presentation 1:00 Int'l Ballroom Dance 6:00 Evening Crafters	<b>Wear purple for WEAAD Day 15</b> 9:30 Chair Aerobics 9:30 Zumba Video 10:30 Coffee-n-Discussion Group with Lyle Ryter 10:30 WEAAD Watch Party and Bingo 11:30 SNP Lunch Program 12:15 Paint and Socialize (Mandarin) 1:00 Dance for Posture 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting)	<b>16</b> 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 11:30 SNP Lunch Program 12:15 What is Juneteenth? 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate <b>6:00</b> <b>Men's Game Night</b>
<b>19</b> <b>CENTER CLOSED for JUNETEENTH</b>	<b>20</b> 9:30 Chair Aerobics 9:30 Zumba Video 10:00 Basic Japanese 10:30 Mindfulness/Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Mind Exercises 1:00 Knit & Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout 6:30 Scale Modeling Group	<b>1st Day of Summer 21</b> 9:30 Chair Aerobics 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 Cybersecurity Info and Demo-GS Troop 10:00 American Mahjong 10:30 Chinese Folk Dance 10:30 SPANISH...But It's So Easy 10:30 Mindfulness/Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dance 2:00 Ice Cream Float/Trivia	<b>22</b> 9:30 Chair Aerobics 9:30 Zumba Video 10:30 Coffee-n-Discussion Group with Lyle Ryter 11:30 SNP Lunch Program 12:15 Paint and Socialize (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting)	<b>23</b> 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate <b>BBQ BONANZA-FULL (MUST already be registered)</b>

# North Potomac Senior Center

## June 2023 - 55+ Programs

Programs Subject to Change Without Notice. Call 240-773-4805 to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> 9:30 Zumba with Carol 9:30 Stretching Exercises to Taiwan Music w/Linda 10:30 Easy Dance Fitness 11:30 <i>Bring Your Lunch</i> Discussion Group w/Jai Ho 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy 2:15 Easy Yoga with Vicki	<b>Intergenerational Day 27</b> 9:30 Chair Aerobics 9:30 Zumba Video <b>10:00 Intergenerational Art with Kamel</b> 10:00 Basic Japanese 10:30 Mindfulness/Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program <b>12:00 Intergenerational Fun and Games</b> 1:00 Mind Exercises 1:00 Knit & Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:30 Cardio Dance Workout	<b>28</b> 9:30 Chair Aerobics 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 10:00 American Mahjong 10:30 Chinese Folk Dance with Ming 10:30 SPANISH...But It's So Easy 10:30 Mindfulness/Meditate with Fereshteh 11:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dance	<b>29</b> 9:30 Chair Aerobics 9:30 Zumba Video 10:30 Coffee-n-Discussion Group with Lyle Ryter 11:30 SNP Lunch Program 12:15 Paint and Socialize (Mandarin) 1:00 American Mahjong with Marsha and Friends 5:00-8:00 Outdoor Pickleball (weather permitting) 5:00-8:00 Outdoor Pickleball (weather permitting)	<b>30</b> 9:30 Zumba Video 9:30 Stretching Exercises to Taiwan Music w/Linda 11:30 SNP Lunch Program with Maryland Trivia 12:30 International Folk Dance with Instruction 2:15 Tai Chi Exercise-Intermediate

### OPEN GYM SCHEDULE (June 1 to June 23)

Monday 9am to Noon—Pickleball (Main)  
Tuesday 9am to Noon—Volleyball (Main)  
Wednesday 9am to Noon—Basketball (Main)  
Wednesday 9:30am to Noon—Table Tennis (Aux)  
Thursday 9am to Noon—Badminton (Main)

Call the Recreation Center at 240-773-4800 to confirm schedule. Need a membership? Bring your Montgomery County photo ID to the front desk staff for registration.

*The classes below held at North Potomac Senior center are scheduled by County-wide Classes or Holy Cross and not listed on the 55+ schedule. Contact information on these classes is below. Thank you.*

### **BONE BUILDERS SUMMER CLASSES at NPSC**

Mondays & Wednesdays—10:45 to 11:45am  
Tuesdays & Thursdays—10:45 to 11:45am  
Contact Alison.boynton@montgomerycountymd.gov

### **SENIOR FIT CLASSES at NPSC**

Mondays & Wednesdays—1 to 1:45pm  
Call Holy Cross Health at 301-754-8800 for registration information during open registration.  
Email seniorfit@holycrosshealth.org for info only

### **YOGA FOR VITALITY (Fee) at NPSC**

Tuesdays—9:30 to 10:30am  
Contact Customer Service at 240-777-6840 or  
Recreation.customerservice@montgomerycountymd.gov